MAINE'S PEOPLE IN PERSPECTIVE

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VOL. SIX, NO. FIVE MAY, NINETEEN HUNDRED AND EIGHTY THREE



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THIS PRESENT PLACE

I stole a jump on spring this year, with the help of airline tickets sent by my sister and brother-in-law in California. Leaving my children with their wonderful grandparents, I took off, somehow missing the rain there and landing in a world of green grass, magenta flowers, and dazzling sunshine. It was an amazing new world for me: coast-to-coast in five hours.

I was vaguely prepared not to like Los Angeles, with freeways, earthquakes, smog, and "plastic" people. What I really found was sparkling lights, beautiful scenery, great food, a movie star or two, and neighborhoods full of people as nice

as anywhere.

I really liked the 80°, dry days in March! Seasons are hard to explain to Southern California children. At La Playa pre-school in Culver City, my sister Linda teaches about winter, spring, and fall. But in the land of endless summer, leaves fall when spring winds blow and snow is only in the mountains. There is a monotony in so many good days that could make one miss New England's seasons, or even the violent excesses California weather occasionally offers. It struck me, though, that Americans are incredibly fortunate to be able to work for the best of both worlds.

Next winter, my hard-working parents will finally be travelling down the warm Pacific coast. This winter, my four-yearold nephew Nathan came back with me

Maine's People in Perspective

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Nancy Chute Marcotte, Editor

Martin Dibner, Consultant on the Arts

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for a few weeks of intensive snow shovelling (he found a little, piled up under the trees). I guess the grass is greener on both sides of that fence! Since I'm here now, I'm just going to rejoice in what I have: refreshing May in Maine.

Here-and-now we also have our new (old) 6x9" magazine, which we hope you'll like; and stories of some Maine people and places we know you'll like. It's a convenient handful of pride in our present place.

Manual Manualle

Goings On

There are a few happy celebrations of spring that I would like to share with you. One is our young people's writing contest (see below). Another is the opening of the Charles Shipman Payson wing of the Portland Museum of Art, which will be an extravaganza on May 14th.

I was fascinated to read the following in a P.M.A. bulletin: "Wayne Field, Pizzagalli (Construction Co.) labor foreman, feels that the Charles Shipman Payson Building is in a class by itself. He recently explained what was unique about the construction job from the workers' point of view:

One thing that was different was all the publicity we got, especially at the beginning. Being right in the middle of town, it attracted a lot of interest from people passing by, as well as from the media. And of course, we got even closer scrutiny from the architects' office. For instance, the masons had to be careful to lay the correct number of bricks in each course, and to maintain perfectly even joints so that the number of brick courses between the granite bands matched the number shown in the architect's drawings. Obviously, with all that counting, the work went more slowly; normally, brick can be laid twice as fast.

One other thing that is different is a kind of pride in craftsmanship. This is the kind of building you'll always want to point out to people and say, 'I worked on that.' There's pride in the completion of any building, of course, but this one is really special.

"After the Museum opens in May, frequent visitors will notice something special about the gallery spaces in the new building. The character and feeling of the galleries will change at different times of day and in different weather and seasons. The unique quality of Portland light is reflected in the pain colors chosen for the building by consultant Donald G. Kauf-

man. Kaufman is a nationally recognized artist who works with leading architects and designers to create a rich spectrum of wall colors, each made up of its own special blend of pigments. Because of this complex pigmentation, the colors vary with changes in light, adapting to and complementing other colors in the space. Donald Kaufman's optical wizardry begins with the soft lilac grey of the auditorium walls, the lapis blue of the auditorium seats, and subtly continues to enrich the viewer's visit through the galleries, Great Hall, Museum Shop, and Sculpture Court."

Payson Wing Portland Museum of Art

On May 21, University of Maine at Augusta will present a Renaissance Theatre Company as part of itsd Fair in May for Forum-A. The company will present Bears, Dragons, and Other Heroes for children pre-school through 6th grade. Phone 622-7131, ext. 212 for reservations. \$5.00/\$2.50.

I'm particularly excited about a fine arts festival scheduled for the weekend of May 6-8, sponsored by the Superintendent's Task Force for Adult Education in M.S.A.D. #17. It will include an art show of early 1900's English posters at Western Maine Art Center, Norway; several showings at the Opera House, including early photos of the Howe Bros., films on Andrew Wyeth and "The Seven Samurai" (Japan); scholarly debates; mime events featuring the new troupe and the old Mime Trio; music including a harpsichord concert, Silverwood's jazz, and The Maine Woodwind Chamber Players at Hebron Com-

Cross Roads

7 Norway: Devastated by the Fire of 1894. Pictures from 1885 and 1894, courtesy Norway Memorial Library.

11 Potpourri: Gardening Tips by Margaret Harriman of Limerick. Artwork by Eleanor Ross of Norway

13 Folk Tales: Raymond "Red" Cotton, Hiram's Country Storekeeper, by Aileen Carroll of Portland. Tricia Belskis, Mexico's Nine-year-old Recording Artist

19 Mainely Ancestors by Lauralee Clayton. Soldiers, Sailors, Patriots

20 Medicine For The Hills: Angina Pectoris by Dr. Michael Lacombe

24 Wrecks & Memories on the Grand Trunk: Foliage Train Part VII by John R. Davis of Rumford.

30 The Mainers by Tim Sample.

munity Church. Be on the lookout in local papers for information on more events, times, and places. It is planned that a \$4.00 admission ticket will take you to all events (children less). Happy Spring!!

And my apology to the Finnish-American community for the accidental misspelling of their patron saint. It is most definitely St. Urho, not "Uhro."

Deadline June 15, 1983

Winners Published in Sept.

BitterSweet Third Annual

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WRITING CONTEST

for young people 12-21

Work may be submitted by parents, students, or teachers. Please submit entries typed on $8\frac{1}{2} \times 11^n$ paper—with name, age, residence of student, name of school and teacher.

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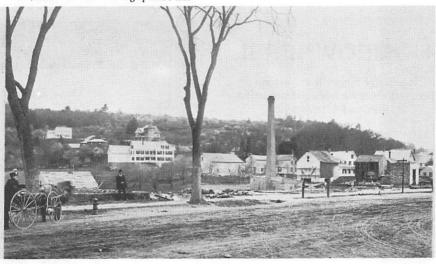


113 Main Street - South Paris, Maine



NORWAY: Devastated by the Fire of 1894

On May 9, 1894, a conflagration which supposedly started in the boiler room of Cummings' wood-turning plant swept south along Main Street, leap-frogging over some buildings and totally destroying others. Vintage photos loaned by Norway Memorial Library chronicle the town before and after. Above, a view from part-way up Pike's Hill shows the ruins of the Opera House (see cover) at the left, where the chimney stands. At center is Dr. Bradbury's house, which remained, but most of Main Street at the right has disappeared. Below, the same view, from Main Street looking up Pike's Hill.







Above, last month's Can You Place It? photo was this pre-fire view of the bank (left), and Noyes Drug Store (right) and post office (center). Today it is the location of the Klain Agency and Ashton's Drug Store.

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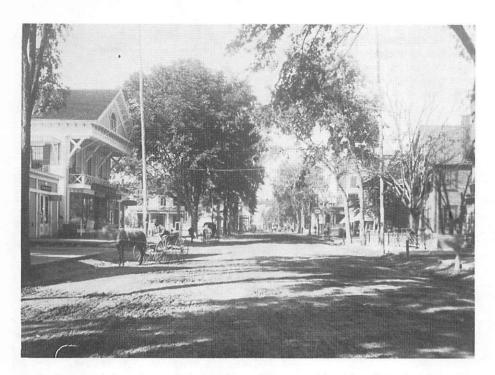
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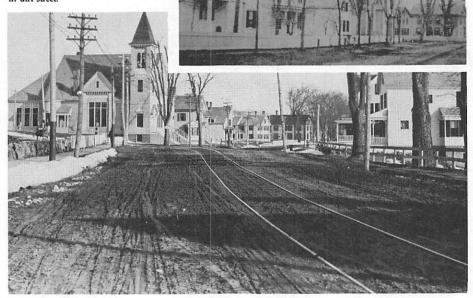
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The photo above looks north on Main Street in 1885, Noyes Drug Store at left and the Beal's Hotel at right in the middle distance. Below, on May 10, 1894, a photographer standing nearly in front of Beal's Hotel and looking south captured the still-smoldering ruins of the drug store, the bank, and the rest of that part of Main Street. After the fire, new buildings in this section included the library, a new brick bank (now Klain Agency), Tucker Harness Store (V.H. Ashton's), and the building which presently houses Snee's Music and Ashton's Drug Store.



Inset: the Congregational Church on Lower Main Street before its destruction. Below, the brand-new church built closer to the corner in 1894. Note trolley tracks in dirt street.



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NORWAY LAKE: THE PLACE TO BE!

Potpourri by Margaret Harriman

My first thought for May is Mother's Day. I guess part of this is because it is the busiest holiday of the year for florists-months are spent in preparation for it. The second reason is that May just has to be the most beautiful month in New England. What better time could one choose to honor our mothers?

Wildflowers, especially the trailing Arbutus (better known as Mayflower) perfume the air. Dandelions sprinkle every lawn with star-dust as they nod their little golden heads in the slightest breeze. The orchards turn into a springtime spectacular; wild cherry brightens the road-sides. Lilacs bloom around the forgotten cellar holes where a mother once lived and loved and where children

Lilies of the Valley can be found in the shaded areas and creeping phlox forms a multi-hued carpet on a distant hillside, blanketing the resting places of our

sleeping loved ones.

May is one of the busiest months for the gardener: raking, cleaning and fertilizing, getting ready to plant. Most of us are over-anxious and start setting out seedlings too early. Frost still threatens the low-lands and, even when it doesn't, the ground isn't warm enough to make the plants grow very much. Wait until the end of the month for seedlings in most areas. You can start planting hardy varieties of annuals mid-month, how-

Some vegetable varieties recommended for Maine gardens are listed in Cooperative Extension Service pamphlet #87, by Dr. Wilfred Erhardt, Vegetable crops specialist at the University of Maine, Orono. Excerpts from the list are:

Broccoli — Early, Spartan Early, Green Comet. Mid-Season & Fall, Premium Crop, Waltham 29.

Brussel Sprouts — Jade Cross, Long Island Improved Cabbage. Early, Sun-Up, Stonehead, Golden Acre Strains. Mid-Season, Market Prize, Market Topper.

Cabbage - Late, Danish Ballhead

Strains.

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Cauliflower — Early, Snowball Strains. Mid-Season and Late, Snowball Imperial.

Cucumber - Slicing, Gemini, Spartan Valor. Pickling, Wisconsin SMR 58.

Eggplant — Dusky, Classic, Black

Tomato - Early, Spring Set, New Yorker, Mid-Season, Moreton Hybrid, Campbell 1327 and Jetstar. Late, Glamour Tomato, Yellow, Sunray, Golden Boy, Small Fruited, Small Fry, Sweet 100, Pixie and Tiny Tim.

Lettuce - Butter Crunch, Summer Bibb, Butterhead, Dark Green Boston, Leaf, Grand Rapids, Ruby, Salad Bowl.

Muskmelon - Early, Maine Rock Hybrid, Mid-Season, Harper Hybrid, Burpee Hybrid.

Pepper - Sweet, thin wall, Italian Sweet Ace. Sweet, thick wall, Green Boy.

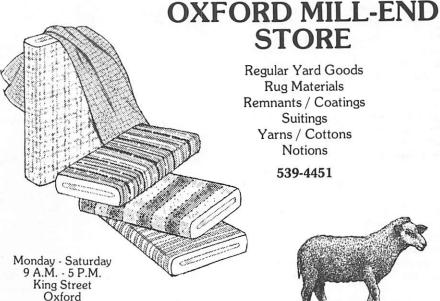
Watermelon — New Hampshire Mid-

get, Sugar Baby.

Remember, that if frost comes and nips your plants, water them well with cold water from your garden hose, early in the morning before the sun gets up.

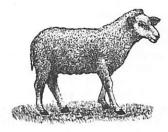
For those handy to the Saco area, it's well worthwhile to take a few minutes to visit Laurel Hill cemetery, to see the myriad of daffodils. A delight for both young and old and certainly a tribute to the care-takers.





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Raymond "Red" Cotton Hiram's Country Storekeeper

As you travel along Routes 25 and 113 from Portland northwest to the White Mountains, a sharp turn at Hiram, Maine, left onto a narrow bridge over the Saco River will bring you almost into the dooryard of Cotton's Store. A Hiram institution for 150 years, this venerable emporium still offers for sale lean salt pork, old-time sharp cheese, slab bacon, even tripe—just as it did in Grandfather's day.

And its proprietor, Raymond Cotton, at 77 a Hiram institution himself, is still running the business pretty much as his grandfather and father did before him. His store's only concession to the 1980's is a digital scale capable of conversion to the metric system when that becomes

necessary.

To counterbalance the scale's purchase, Mr. Cotton recently tried to buy back the old coffee mill which his father had sold for \$10. The new owner being unwilling to part with his treasure for less than \$150, Cotton's cannot offer fresh-ground coffee again.

But other familiar sights and smells of an old-time country store are there. The wood stove still occupies the center of the room. A great fragrant wheel of cheese sits on the counter. Slab bacon comes from the cooler, temptingly lean, with a wonderful smokehouse scent. In the cooler too is a crock of salt pork in brine, destined to flavor home-baked beans, fish chowder, or the season's first dandelion greens.

Ray Cotton tells of the government clip-board man, obviously suspicious of that crock of salt pork.

"Do you put anything in there besides salt?" he queried.

"Yes."

"What else?" asked the visitor sternly, red pencil poised.

"Why," said Ray blandly, "I do add

water."

Other clip-board men, with their endless specifications and regulations, eventually discouraged Ray's production of homemade sausage. Now he leaves it to the big-time meat producers to unwind the red tape.

Folk Tales



Ironically, it was an excess of government regulation that brought him into the grocery business in the first place. Prior to World War II, he had managed the family mill, producing axe handles. The handles' price was figured on an employee wage of \$4.00 per day. With the outbreak of the war, the South Portland Shipyard began building Liberty Ships, and Ray's employees were lured to the city by shipyard salaries. Since O.P.A. regulations prevented Cotton from raising wages to compete, the mill became a war casualty and Ray succeeded his father in the grocery store.

Cotton's Store has never been open on Sundays. When Grandpa Lemuel bought it, he declared that if he couldn't make a living from it, working six days a week, he'd go hungry. That's been the rule ever since, but for many years Ray kept the store open fourteen hours a day. He now has reduced his work day to nine hours. At noon, he locks the door and goes home to lunch; but he also uses that hour to deliver groceries to neighbors who are without an automobile or are shut in. That kind of personal service grocery shoppers used to take for granted, but it has now almost disappeared.

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OXFORD POWER EQUIPMENT

Rt. 26, Oxford, ME 743-6551 First-time visitors to the store usually notice his extensive collection of early radio tubes. He's been a ham radio operator since 1922, a member of the Yankee Radio Club, and an associate of the Mount Washington Observatory, with whose weathermen he maintains radio contact.

As a fledgling radioman, he succeeded in building a spark transmitter, but his pride in his accomplishment was short-lived when he incurred the wrath of an older neighbor who said his spark transmitter was blanketing every radio signal in the area. The neighbor, however, generously provided Ray with enough parts to build an early type of tube transmitter, and as W1BTY, he's been sending signals ever since.

His modern two-meter transceiver seems slightly out of place in the office, with its desk scarred by use. Ledgers are piled on an antique twig table, and a Gibson-Girl wall calendar for 1909 is

more charming than practical.

Yet from this makeshift office, Ray Cotton, as town clerk, transacted Hiram's business for fifty years. In 1979 he decided to resign that position, but he continues to serve as town treasurer. A chronicler of Hiram's past, Mr. Cotton uses spare moments at his desk to write often humorous accounts of the doings of old-time residents. He's been known to take an occasional flyer into poetry—also humorous.

With the coming of the summer tourists, Ray has a new audience for his anecdotes about his shelf-display of old-time tools, accessories, and remedies; or perhaps a chance to trade with fellow-collectors. He acquired his broken-toe shoe (a wooden clog used before the days of plaster casts) in exchange for an old axe. His hay saw came from a man who wanted some horseshoe nails to add authenticity to a blacksmith's lazy susan.

A Shaker egg basket, combining beauty and utility, is a collector's dream; as are the ancient advertising pieces such as the large pin, dating from 1908, which promotes Mrs. Dinsmore's Cough Balsam. Axes, string-holders, a boot jack, ink bottles, a draw shave—all the stock in trade of a general store of the past. Cotton's hardware business has dwindled to

the making of keys, but Ray's collection continues to intrigue store visitors.

The butcher's straw hat and woven straw cuffs on display were actually worn in the store by Ray's father and grandfather. A picture of the store's interior when Ray's father was proprietor is easily recognizable—there have been few changes.



In the picture with the elder Cotton is a little Boston terrier, Muggs. Ray likes to tell of the adventures of this somewhat foot-loose canine. One day, Muggs boarded the Maine Central train, unescorted, and rode to Brownfield before the trainman discovered him. Having been unceremoniously dumped off the train, Muggs took up residence in Brownfield and remained there a year until a travelling salesman recognized him as the Cottons' dog, and Ray was dispatched to bring the prodigal home.

Patricia (Patty to her friends and acquaintances) is the handsome pug who resides at Cotton's Store these days. She recognizes her master's ring among several on the party lilne, and barks so that Ray will answer the phone promptly. Quite understandably, despite limited shelf space, the store carries a wide

selection of dog food.

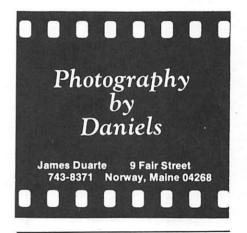
"General Merchandise," the old sign over the door proclaims, and it's still available—sheets and shoes; plungers and pails; seeds and sealing wax; candy, cake, and ice cream for campers weary of their own cooking; cigarettes, suntan lotion, and mosquito "dope" for canoeists who crowd the Saco each spring; and for everyone, the store's specialty, a wonderful old-fashioned cheese—the store's hottest item during Fryeburg Fair week, but a best-seller year 'round with residents and tourists alike.

Ray Cotton is a realist. He knows that the cheese and his other off-beat specialty—tripe—bring people to the store who

Page 18 . . .

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A Sportsman's Diary by Emery Santerre, Jr.

MY UTOPIA

(Written by a soldier in WW II as he dreams of life after the war.)

My Utopia—how I love to dream about it! Since it is a comparatively simple Utopia, I hope some day to achieve it.

The setting will be somewhere in my beloved state of Maine. No other place will do. Look at my State through my eyes, try to see what I see.

In summer, I see broad stretches of green mountainous forests, set with jewel-like ponds and lakes that shimmer under the bright blue skies. Down the mountain sides rush innumerable little brooks, gurgling cherrily; eager to join forces to make the winding rivers that slide so gracefully into the island-dotted ocean bays. It is hard to describe these bays that embellish the rugged rocky coast. Imagine the bluest of seas, flecked with little green islands, between which

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Fall comes, and the whole countryside assumes a riot of colors, as though a mad painter had been having a frolic.

In winter the land is dressed with a coat of clean white snow. Perhaps you do not like snow, but I do, if it is dry and unsullied by the soot of cities, as you find it here. Jack Frost can change a common-place scene into a fairy-land overnight.

Spring with its mellow sun, its returning birds and its promise of a new summer is always welcome.

When the last shot is fired and the last bomb dropped, I want to turn my eager feet towards that good old State. I want to find a spot with a laughing brook and plenty of song-birds, where I can make

my home.

The most essential requirement for a home I already have. That is the love and devotion of the girl I married. Without this young lady, my dreams of Utopia would be vain indeed. It isn't necessary to talk about this—anyone in love knows what I mean—others could not understand.

The house I'll build will not be elaborate, but it will be ample for our needs. The flower gardens, the lawn, the winding driveway, the flagstones—all will be laid as I see them in my dreams.

To make my Utopia complete, I want work to do—something that will provide enough for us and the children who will come. I want leisure to enjoy the beauties of my State and to wander to the streams and through the forests with rod and gun.

To many my dreams of Utopia may sound strange, but they will strike a responsive chord in others. If God is willing, some day I hope to enjoy it.

Emery A. Santerre, Jr., returned to his home state and settled in Woodland, Maine, where he went to work for the St. Croix Paper Company (later Georgia-Pacific). The postmaster of Coburn Gore before the War, in 1945 he hoped to build some sporting camps on Big Lake. The shortage of nails forced a change in plans, but he translated his love for all types of hunting and fishing into a series of columns. Next month: Bass Fishing.

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... Page 15 Folk Tales
otherwise would not stop. Of the tripe,
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Tricia Belskis Mexico's Nine-year-old Recording Artist

Imagine yourself at nine years old, cutting your first record, singing for over 15,000 people on the 4th of July, then making your first appearance on television. That's what happened to Tricia Belskis, the daughter of Mr. and Mrs. Tony Belskis, Riverside Ave., Mexico.

At the age of five, Tricia was singing songs her mother taught her for the public, and winning first prize in a talent show. At six, she learned to play the guitar from her father, a professional musician.

Now that she is nine (and an Astudent in the fourth grade at Meroby School), Tricia writes music with her dad. Together they have written 15 songs, including two which Tricia has recorded (on Mouse Records): "I Love America," and "Rollerskating U.S.A."

The hard-working young miss also performs with six friends in a show called "I Love America," and solos all over Maine. Her dream is to score a big hit in the recording industry. With her early start, she probably will make it.

Mainely Ancestors by Lauralee Clayton

Soldiers, Sailors, Patriots

Every Memorial day hundreds of red, white and blue flags are placed on the graves of veterans throughout the state. The genealogist on the trail of a smoking musket, looking for clues about the origins of a Revolutionary War ancestor may find help from the ledgers of the Maine Old Cemetery Association (8 Greenaway Rd., Springvale, ME 04083). This group dedicates itself to the preservation of Maine's neglected cemeteries as members gather historical information from cemetery stones and other records.

Sharing their notebooks and microfilm with the Maine State Library in Augusta, the Maine Historical Society in Portland and the state university libraries, MOCA provides researchers with a vast storehouse of names of more than 214,000 people who lived in Maine from 1650 until 1975. Dr. Hilda Fife is the sparkplug behind the organization.

Nathan Hale started the project known as SIP (Surname Index Project) in 1972. Volunteers continue to catalog data from over 3,500 cemetery records, old family Bibles, and various family research files into one large pool, alphabetically arranging them under the direction of Faylene Hutton in a special underground room at the Archives.

MOCA workers can always use extra help, they say, and some people who visit the files only to extract information end up assisting the MOCA workers with filing data sheets on cemetery inscriptions. Take note: public may consult the files in person free of charge; however, contact the library first to ask about hours. Corresponding genealogists are also welcome to consult the files by mail for a moderate charge and may write to Hutton, c/o S.I.P. Maine Old Cemetery Association Project, Maine State Library, Cultural Building, Augusta, ME 04330 for information on the required fee. Remember, of course, to enclose an SASE or stamped, selfaddressed envelope—always good genealogical policy when asking for help.

Joining the Maine Old Cemetery Association offers several other avenues for

the ancestral trail-hiker. Take for instance the MIP (MOCA Inscription Project), "an orderly listing of inscriptions from all stones in any given cemetery in the state." The activity was sparked by a 1970 talk by Kay Jackson, who became the project's first director. Housed in the library's genealogical section, bulging black MIP notebooks yield data arranged alphabetically by towns, not cemeteries.

Helpful to genealogists is another groupeffort called BIP, or Bicentennial Index Project, listing all the known graves of Revolutionary veterans who lived in the state before, during and after the American Revolution; including when known, such brief facts as birth, marriage and death for each soldier. The research, initiated in 1973, culminated in a bulky computer print-out of over 6,000 names. Copies are deposited around the state at the Fogler Library in Orono (University of Maine), the Maine Historical Society in Portland, Cutler Library in Farmington and Maine State Library in Augusta. MOCA members reserve a part of their newsletters for "Mystery Men," a column asking for help on specific soldiers and their grave-locations.

A boon to soldier-stalkers is a new book by Carleton E. and Sue G. Fisher, Soldiers, Sailors, and Patriots of the Revolutionary War-Maine. In its 917 pages it lists Maine men who served in the war, persons who came to Maine after serving in the war and Patriots, such as anyone listed as elected to a town office, post rider position or that of a guide. Entries are coded to link the actual record with each person. Says Dr. James B. Bell, former director of the New England Historic Genealogical Society and present director of the New York Historical Society, "This work is undoubtedly the most comprehensive listing of Revolutionary soldiers associated with a single state since Massachusetts Soldiers and Sailors of the Revolutionary War, which it greatly expands." Hundreds of sources are synthesized, he says, including numerous archival series never before abstracted-all compiled lists and known militia rolls, DAR records, epitaths, various diaries and journals, many town histories and a sizable periodical literature. Even residents who enlisted in New

Page 23 . . .

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Medicine For The Hills by Dr. Michael LaCombe

ANGINA PECTORIS

Case report: Mr. G was a sixty-six yearold retired woodsworker. His wife relates that on a recent heavy snowfall he went into the dooryard to shovel snow. She states that every twenty minutes he had to stop to rest because of intense gas pains in the pit of his stomach, which went away with rest. Each time he got the pain, he began to sweat and experience nausea. He was observed by his neighbors to slump to the ground in the dooryard and died en route to the hospital.

Case report: Mr. D was a fifty-five yearold local businessman whose family relates that the patient complained of neck and left arm pain for thirty-six hours before his death. Because the pain was not in his chest nor "over the heart area" the patient resisted the family's efforts to get him to a doctor. He was found dead in bed the following morning.

Case report: Mrs. G is a sixty year-old woman presently recuperating from a massive heart attack which will cause her significant disability the rest of her life. For two to three months prior to her heart attack she had had the warning signs of an impending attack. While vacuuming and doing other moderate housework, she would experience a pressure sensation in the middle of her chest. These symptoms would predictably go away with rest but began to occur with more frequency and with less provocation. Only when these symptoms culminated in prolonged unremitting, severe, crushing chest pain, did she seek medical attention. By then it was too late to prevent her devastating heart attack.

Nowhere is it more true in medicine that ignorance of medical facts can be lethal than in the area of heart disease. About one-half of all deaths from heart attack (the medical term is myocardial infarction) occur within the first two hours and fifteen minutes of onset. Three-fourths of all deaths occur within the first twenty-four hours of the onset of a heart attack. Most of these deaths

are preventable. People die of heart attacks because they fail to recognize symptoms or because they fail to realize their significance. People do die needlessly from heart attack, needlessly because they and those close to them should be able to diagnose them.

Too many people tend to think of the heart in mechanical terms, referring to it as a pump, a ticker, or a group of valves. We like to think of the heart as a Rolls Royce with a lifetime guarantee. When we neglect it and it falters, we somehow feel cheated. The heart is living tissue, just as much flesh and blood as the nose or the great toe, and it deserves certainly every bit as much consideration. To keep the heart alive and doing its job, three arteries coursing along its surface—the coronary arteries supply the heart with oxygen and nutrients. Life depends upon these three arteries. Unfortunately, there was designed no emergency back-up system should these three arteries fail. We must learn to live with what has been provided.

When one of these arteries, or even a branch of one, becomes plugged, a portion of the heart does not get its required blood supply. This deprivation is signalled in a number of ways. Pain ensues. The heart may not beat nor pump properly. Most importantly, the heart may become irritable and discharge electrical impulses affecting the rhythmicity of the heart muscle. These impulses jam the transmission of normal electrical signals whose job it is to pace the heart. The entire heart muscle instead of pumping in concerted effort will then begin to twitch ineffectually. This random twitching of the heart, called ventricular fibrillation, fails to pump any blood at all, and the brain, deprived of oxygen, will die within four minutes. These irritable electrical impulses occur primarily during the first twenty-four hours of a heart attack. The fibrillation which ensues is the cause of sudden death during that period of time. The degree of irritability does not depend upon the amount of heart muscle damaged. A very small portion of the irritable muscle can trigger ventricular fibrillation and kill the patient. This irritability is easily treated with drugs. Ventricular fibrillation can be converted quickly to



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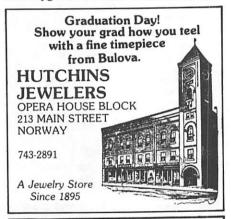
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normal pumping again with an electrical shock to the chest delivered by a doctor or a nurse. Intensive care units exist in part to provide heart monitors watching for these electrical impulses and skilled nurses trained to read them. The difficult matter is to get the person with a fresh, new heart attack into an intensive care unit setting before ventricular fibrillation kills them.

Usually a coronary artery does not become plugged all at once. The narrowing of the artery is a gradual process analogous to the sludging and deposits inside a water pipe. When the narrowing becomes severe, the supply of blood and oxygen to the heart cannot increase





when the heart is asked to increase its work. The result is pain during exertion, called angina. Angina is relieved by rest, lasts only a few minutes, and does not damage the heart. People with known heart disease may live for years with daily angina. However, the appearance of new angina, or a change in the pattern of existing angina, it being provoked more easily, lasting a longer period of time, or occurring more often, is a warning that critical changes are taking place in a coronary artery. To ignore this warning is to risk sudden death.

Angina, or heart pain, is felt not usually as pain and not usually in the heart but elsewhere. It is experienced centrally in the chest or in the neck, or in the jaw only, or down one arm, usually the left arm, or only in the wrist or in the back. The person who has left arm pain experienced while climbing stairs has angina until proven otherwise. The discomfort itself is usually dull, steady and deep. It is seldom sharp or stabbing. It is usually described as a tightening, a pressure, or a weight on the chest, or sometimes as a dull, steady gas pain. Angina can be indistinguishable from a feeling of indigestion. It can be provoked by cold weather and by emotion, exertion.

When a diseased coronary artery becomes totally plugged, a heart attack ensues. The pain of a heart attack is similar in type to that of angina but is more severe and persists much longer. The pain is very intense and very frightening; the victim commonly has a sense of impending doom. It is incredible to me that a person can endure such an experience and yet, after the pain leaves, ignore its possible significance. Too many people do just that. It is incredible, too, that doctors often prescribe antacids over the phone time and time again when a patient complains of severe, dull gas pains in the pit of his stomach brought on by exercise.

People are lost to us forever when they ignore, minimize, or fail to act upon the symptoms described above. Education is one way to save them. One does well to assume more responsibility for those around him. One can never be criticized for insisting that someone with severe chest pain seek prompt medical attention. It might save a life.

... Page 19 Ancestors

Hampshire military units may appear in the pages along with all elected officials (some of whom later became tories) and soldiers whose widows migrated to Maine. This work, says Bell "will certainly be one of a half dozen or so best reference tools for Maine genealogy and early pioneer migrations generally, for 18th century northern New England in particular." It is available by mail for \$32.50 including postage from the Sons of the American Revolution National Headquarters, 1000 South Fourth Street, Louisville, KY 40203. Major Maine libraries, we hope, have already ordered a copy or have one on hand.

Your soldier ancestor, whether Revolutionary War or Civil War, may appear in print in files of the National Archives and Records Service, General Services Administration, Washington, D.C. Write and ask for a form for requesting information from pension papers, if you can provide a

name and general date.

The Maine State librarians in Augusta make it even easier for a soldier-hunter to locate names. For instance, glance over their publication showing names of an estimated 80,000 persons who applied for pensions after Revolutionary War service. The 658-page volume boasts triple columns and indexes to help you see if the pension application was completed by the soldier or his widow. This work is entitled "Index of Revolutionary War Pension Applications in the National Archives, Special Publication No. 4."

From pension papers on my father's great-grandfather I found a shadowy image coming to life. Although he served only in the closing days of the Civil War in a southern mop-up campaign, his unremarkable entrance and exit from the war is chronicled permanently in the pension application made after his death by his second wife. In these pages were the following details: his wife's name, their marriage date, names of their four children with their birth dates, the soldier's place of birth and where he served in the War of the Rebellion. Here, too, were records of the couple's marriage, his date of death and burial place and—a bonanza for the genealogist-the previously unknown names of his mother and father. This information, forgotten by the family, unknown to my father, lay in print on

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crumbling pages in a file drawer at the National Archives and brought a smile to the face of a descendant some three generations later.

When consulting the Revolutionary War period, take a look also at the expanded DAR patriot index, Volume II. This hard-cover book brings into focus information extracted from applications for DAR membership, a total of names running well into six figures. Those whose military, patriotic or civil service between 1774 and 1783 has been established by the DAR is listed here. Given are dates of birth, death, name of spouse, rank or type of service. It doesn't cover all veterans of the period, but many are named.

Is your genealogy project gathering dust or stalled on the launching pad? Make Wednesday "Genealogy Day." Write a letter to the state Department of Vital Statistics (c/o your state capitol) or send a query to a newspaper genealogy column ("Maine Sunday Telegram", Portland, or "The Courier-Gazette", Rockland). Remember your SASE (stamped, self-addressed envelope). 52 tries a year, one every Wednesday, is bound to bring you results at some point. And soon you'll be at the top of your family tree.



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Wrecks & Memories on the Grand Trunk



THE FOLIAGE TRAIN PART VII by John R. Davis

Going by the Gorham golfcourse I mention to Harold that on yesterday's Gallivant run we had given Assistant Engineman Tommy Goulet a workout at the controls for gaining some experience in making brake applications with long coaches in tow-quite different from freight trains. Since the elimination of hiring men directly as firemen, it is the new generation of young brakemen entering an engine service qualification program who will be the engineers on the passenger trains of tomorrow and, on this end of the line, only the infrequent foliage trains can provide them with the opportunity to learn passenger operation.

Approaching the causeway at Shelburne Pool, Harold calls Maynard to take over, and, rising from the engineer's seat, says "Remember, in passenger transition your brake applications are going to be much different, so use light, short touches in the first few curves until you get the feel of their effect. By the time we get to Bethel, you'll be a pro."

The sheer ledge rising nearly straight up on the southside of the train is Moses Rock. Upon the initial settlement of Shelburne, the proprietors reserved the best tract of land for the person who could climb its face as an inducement to draw potential settlers into the township. Moses Ingalls accomplished the feat, barefoot, and the tract of land is now occupied by the Philbrook Farm Inn.

Crossing the state line into Maine, March 10th, 1893, the engine of the Lewiston-bound "scoot" burst the tire on the drivewheel directly under Engineer George Buck, and some of the fragments were forced upward, raising the seat so high that his head struck the top of the cab hard enough to stun him for some time. The fireman brought the train safely to a halt, and after assessing the damage, proceeded slowly to the siding at Gilead.

At Gilead, the mound of stone-covered earth close trackside on the north before the Wild River bridge marks Lightning's grave. Temptations have been given by some to create a tale to some day be included among the many legendary events of the Grand Trunk line—that

Lightning was a famous and valuable racehorse, killed here in a trainwreck. Lightning was, in reality, a locally-owned racehorse, killed by a big highway truck when he broke loose from his corral a few years back and went wandering along Route 2. It happened that a railroad crew was engaged here widening the embankments, and were close by at the time the horse was struck. Its owner, aware the railroad crew had a bucket-loader among their equipment, requested assistance in moving the animal off the road, so the railwaymen made a gravesite, and brought Lightning in for burial beside the track.

Long before the rail-enthusiast groups formed and began sponsoring foliage and other excursions, Gilead, and all the other stations along the line were regular stops for Sunday excursion trains-though their schedule normally was eastbound in the early morning and returning westbound late during the evening. The excursion rides of July 4, 1848 were but a prelude of what was to come, for hardly had the Portland and Montreal sections joined to permit the throughflow of traffic on July 18, 1853, when lineside residents were off to see the world beyond. Seasonal excursions were made to Portland with sidetrips out among the islands, or merely browsing the city, or relaxing on the ocean beaches; to special events like the circus (before they themselves took to the rails and came directly into the local communities); to County and Agricultural Fairs; to political and temperance conventions. And there were semi-annual Boston trips via connection with the Eastern-go down Friday or Saturday, come back Sunday or Monday.

Sometimes the special excursion train ran other than just on Sunday if the timing of events was not compatible with regular train schedules or if heavy patronage was anticipated, such as when the Great White Fleet of battleships visited Portland harbor in July 1899, August 1900, and again in August of 1905. And yes, there were excursions to the mountains to view the autumn foliage in the early days, in the form of reduced fare stopover tickets, for there were no cameraloads of color film and telescopic lens to bring the magnificent beauty home with, and it took a full day by horse and carriage in among the White Mountain Range to properly absorb the unforgettable scenery.

There were also a wealth of evening short distance excursion runs over the many years to accommodate the fellowship of a burgeoning society. The South Paris Rebeccas would have a two-coach special for visiting their counterpart Lodge at Auburn, the West Paris Masonic Lodge

would host a reduced fare group of like members from Mechanic Falls that came in on the afternoon passenger train with arrangements made for their return home in the caboose of the midnight freight, and for a number of years from 1904 onward, there was generally a Wednesday evening special running from Bethel to Lewiston for taking in the latest moving picture at the Empire Theater.

During summertime the regular Saturday passenger trains usually ran with two extra coaches for carrying the numerous local baseball teams, of various age groups, that were responding to another team's challenge or enroute for the return match. It was routine for the local station's operator to be posting the contest's score when the community's team was playing elsewhere up or down the line. If the team was victorious a crowd usually assembled at the depot to greet their return; though not always with the pomp and circumstance displayed in August 1887, when Bethel's team returned on the 8 p.m. train after defeating Gorham 13-8 and found a large torchlight procession with band waiting to escort the players home. For about an hour the air was filled with music, said an observer, not glorious, but awful.

Coming out of Robertson's Cut, where Mary Clark witnessed an April, 1863 landslide cover the tracks some five or six feet deep and ran around the curve waving her shawl to warn an approaching train, into the Skillingston suburb of Bethel, Harold takes over at the throttle again, remarking to Maynard that he must have found handling the passenger train quite a different experience.

"Aye," Maynard replies, "Those 80footers in the ess-curves are like a herd of wild elephants charging up your back."

Elephants. So rich in history is this railway that even the word elephant can evoke an association between the two that commenced almost as the line's beginning. Exclude their having been transported over the line in large number aboard circus trains; or that it was a Grand Trunk locomotive on the Ontario District which struck and killed P. T. Barnum's giant Jumbo in Hamilton Yard. A noted early historian of this vicinity, discussing in later years the elaborate ceremonies staged for greeting the first passenger train into Bethel on March 10th, 1851, seemed to recall that the fanfare did include the presence of an elephant. The next several generations

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of historians tended to accept this as the first recordable sighting of the species pachyderm in Bethel. A wonderful bit of local trivia.

But the elephant, actually viewed initially at Bethel on the previous day, March 9th, came to be present in this manner; and in the words of Lemuel Dunham who made the journey there riding upon the flatcars of the construction train:

"The platform on arriving at Bethel Hill was thronged with eager spectators, including many of the fair sex, all determined to get a close look at this huge 'elephant', the engineer sat in the cab saying nothing to anyone, until the engine was closely surrounded by the crowd, and then the whistle blew, causing a first class reaction, especially among the ladies."

Thus in actuality, the fabled elephant of March, 1851 belonged not to the Asian or African species of pachyderm, but to the steam woodburning species of locomotive.

Climbing up Walker's Grade, which is the ruling one on the line going eastbound, the stiffest part of the hill is from here at Chadbourne's crossing to the old Stevens Farm crossing, rising thirtyfive feet in a little over a mile. On the morning of March 1st, 1886, a wingplow being pushed by two engines (with orders to meet a similar westbound plowtrain at Locke's Mills) was coming up through here. At the Rabbit Road crossing just ahead, the plow struck a hard drift and twisted around, pushing the first engine off the track, whereupon the second engine rolled the plow bottomside up and seriously injured four of the men inside. Oddly enough, at about the same time, the westbound plowtrain was coming off the lakefill into the deep cut east of Milepost 65 when its plow also struck a hard drift and derailed the engines, killing one fireman.

Emerging from the rock cut into Locke's Mills, two short whistleblasts are accorded retired engineer Guy Durrell prior to sounding the regular whistle for the Greenwood Road crossing. In June 1871 as the afternoon eastbound passenger train pulled away from the station, a Canadian arguing with his wife decided upon a novel way to settle the dispute. When the train reached full speed going out onto the lakefill below Milepost 65, he jumped off. His wife and children screamed in horror. The train was brought to a stop and carefully run back, with everyone expect-

ing to find only a mangled corpse. Instead, they found him running after the train, entirely unhurt, and a domestic reconciliation followed as a matter of course.

Nor were crewmen in the face of imminent collision or passengers in the heat of passion the only ones to jump from moving trains. Colonel Edwards of Bethel sent some of his prize steers to the County Fair aboard the local wayfreight in October 1886, and at the crazy spot east of Milepost 65, one of the young steers bolted out the doorway into Round Pond and headed for the middle. The train stopped long enough to leave off one of the Colonel's sons, who obtained a boat and managed to bring the steer ashore, and then walked it all the way to Paris.





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There were also proposals in the 1880's here at Bryant Pond for incorporating Poor's original route to Andover into a narrow gauge line to the Rangeley Lakes, which it was hoped the Grand Trunk would operate. The project did organize formally as the Bryant Pond, Andover and Rangeley Lakes Railroad, but never got further than on paper. In the 1890's and early 1900's additional attempts were also made to place a standardgauge line from here to Rumford with a branch to Andover from Rumford Corner and a long spur running from Rumford Point to serve Hanover.

Early one summer evening here, some hoboes, tired of waiting for an eastbound freight that never seemed to come along and stop for water, seized upon the idea that a little four-wheel lorrey the sectionmen sometimes used would be just the thing to speed them on their journey—especially since it would be downhill a good part of the way. Setting it upon the track and giving it a lengthy running push for gaining momentum past Stowell's Mill, they scrambled aboard, no doubt congratulating themselves over the simplicity of the scheme. With all perched comfortably, they rolled merrily on their way downhill. Fortunately before they got too far down the grade into the really good curves, where they would have suddenly become airborne over the treetops far enough to kill themselves, they spotted a westbound freight coming toward them in time to leap off and head for the woods. The lorry was smashed, without damage to the train or injuring any of the crewmen. The hoboes, if hurt by jumping, did not stay around for anyone to know of it.

A number of derailments occurred along the grade over the years and also at the foot of it. Some engineers learned to keep their train under control all the way into West Paris station the hard way. In February 1903, an eastbound grain extra, with orders to meet a westbound freight there, came off the hill and into the village with a little bit more momentum than it should have, and, approaching the station, its engineer discovered the westbound engine was just starting to enter the east switch. Unable to stop in time, his engine, a Mogul type, struck the larger Consolidation engine of the westbound train now at an angle on the switch and was shoved sideways into the station platform, nearly turning over. No one was injured, but the depotmaster received a few gray hairs when two carloads of grain emptied their contents against the wall of the building and almost knocked it down!

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